

**A morning service during the Covid-19 restrictions
5th Sunday after Epiphany - February 7, 2021**

Lord, open our lips,

And our mouth shall proclaim your praise.

O God, make speed to save us.

O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. Alleluia!

The Lord is our light and our life: O come let us worship.

#395 Hark the Glad Sound

**Hark the glad sound! The Saviour come, the Saviour promised long:
let every heart prepare a throne, and every voice a song.**

**He comes, the prisoners to release in Satan's bondage held;
the gates of brass before him burst, the iron fetters yield.**

**He comes, the broken heart to bind, the bleeding soul to cure,
and with the treasures of his grace to bless the humble poor.**

**Our glad hosannas, Prince of peace, thy welcome shall proclaim;
and heaven's eternal arches ring with thy beloved name.**

Philip Doddridge 1702-1751

The Proclamation of the Word

Isaiah 40: 21-31

Psalm 147:1-12

1 Hallelujah! How good it is to sing praises to our God!*
how pleasant it is to honour him with praise!

2 The Lord rebuilds Jerusalem; *
he gathers the exiles of Israel.

3 He heals the brokenhearted *
and binds up their wounds.

4 He counts the number of the stars *
and calls them all by their names.

5 Great is our Lord and mighty in power;*
there is no limit to his wisdom.

6 The Lord lifts up the lowly, *
but casts the wicked to the ground.

7 Sing to the Lord with thanksgiving; *
make music to our God upon the harp.

8 He covers the heavens with clouds, *
and prepares rain for the earth;

9 He makes grass to grow upon the mountains *
and green plants to serve mankind.

10 He provides food for flocks and herds *
and for the young ravens when they cry.

11 He is not impressed by the might of a horse, *
he has no pleasure in the strength of a man;

12 But the Lord has pleasure in those who fear him, *
in those who await his gracious favour. Hallelujah!

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning is now and will be for ever. Amen.

1 Corinthians 9:16-23

Mark 1:29-39

A reflection on the readings (written by the Ven. Glen Miller)

Affirmation of Faith

Hear, O Israel, the Lord our God, the Lord is one.

Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first and the great commandment. The second is like it:

Love your neighbour as yourself. There is no commandment greater than these.

#207 When All Thy Mercies, O My God

**When all thy mercies, O my God, my rising soul surveys,
transported with the view I'm lost in wonder, love and praise.**

**Ten thousand thousand precious gifts; my daily thanks employ;
nor is the least a cheerful heart that tastes those gifts with joy.**

**Through every period of my life thy goodness I'll pursue;
and after death, in distant worlds the glorious theme renew.**

**Through all eternity to thee a joyful song I'll raise;
but oh! Eternity's too short to utter all thy praise.**

Joseph Addison 1672-1719

Prayers (see litany below)

Our prayers have been requested for: Thelma, Joanne, Wendy, Vivian, Spruce, the front line workers who continue to serve in the midst of this pandemic

Litany #3 (Let us offer our prayers to the source of all love and all life, saying, "Lord, hear our prayer")

Merciful Lord, we pray for all who call themselves Christians: that we may become a royal priesthood, a holy nation, to the praise of Christ Jesus our Saviour.

Lord, hear our prayer

We pray for Anne our bishop, and for all bishops and other ministers: that they may remain faithful to their calling and rightly proclaim the word of truth.

Lord, hear our prayer

We pray for Elizabeth our Queen, for the leaders of the nations, and all in authority: that your people may lead quiet and peaceable lives.

Lord, hear our prayer

We pray for this city and those who live here, the poor and the rich, the elderly and the young, men and women: that you will show your goodwill to all.

Lord, hear our prayer

We pray for the victims of our society and those who minister to them: that you will be their help and defense.

Lord, hear our prayer

We pray for those preparing for baptism: that they may be strengthened in the faith.

Lord, hear our prayer

We give thanks for all the saints who have found favour in your sight from earliest times, prophets, apostles, martyrs, and those whose names are known to you alone: and we pray that we too may be counted among your faithful witnesses.

Lord, hear our prayer

Let us confess our sins against God and our neighbour.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will and walk in your ways, to the glory of your name. Amen.

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life, through Jesus Christ our Lord. Amen.

The Collect of the day

Merciful Lord, grant to your faithful people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Lord's prayer

#175 Fight the Good Fight

Fight the good fight with all thy might, Christ is thy strength and Christ thy right; lay hold on life and it will be thy joy and crown eternally.

Run the straight race through God's good grace; lift up thine eyes and seek his face. Life with its path before us lies; Christ is the way, and Christ the prize.

Cast care aside, lean on thy guide; his boundless mercy will provide; trust, and the trusting soul shall prove Christ is its life, and Christ its love.

Faint not, nor fear, his arms are near; he changeth not and thou art dear. Only believe, and thou shalt see that Christ is all in all to thee.

John Samuel Bewley Monsell 1811-1875

Dismissal

Then may be said or sung,

***Officiant* Let us bless the Lord. *People* Thanks be to God!**

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